

1 FOOD PRODUCTS CONTAINING WHOLE CHIA SEED OR A GLUTEN-FREE
2 AGGLUTINANT DERIVED THEREFROM AND METHODS OF MAKING SAME

3 **Abstract:** Food products containing whole chia seeds or a
4 gluten-free agglutinant derived therefrom are made by mixing
5 a food material with water, adding whole chia seeds or an
6 agglutinant derived therefrom in an agglutinating amount, and
7 reducing the water activity of the mixture. Other ingredients
8 such as honey, syrups, and sprouted grains can also be mixed
9 with the chia seeds. The gluten free varieties are of espe-
10 cial value for those individuals who are allergic to the
11 gluten in wheat and other grains.